News from the Wyoming Department of Health

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New Recovery Option Coming to Wyoming

CHEYENNE ó The Wyoming Department of Healthøs Substance Abuse Division is working with a national organization to bring the groupøs successful recovery home approach to the state.

Located across the country, Oxford Houses are self-run and self-supported recovery homes. The Substance Abuse Division is providing initial start-up funding with a commitment expected to support establishment of five of the homes.

According to Laura Bennett, treatment consultant and block grant coordinator with the Substance Abuse Division, the first of the five planned Oxford Houses around Wyoming is scheduled to open September 1 in Laramie County. Bennett indicated the first two houses will be for men, but subsequent houses will be available for women and women with children.

õThe recovery home option is promising because it works, it is cost-effective and it can potentially improve the availability of traditional substance abuse treatment beds,ö Bennett said. ÕIf someone has a supportive place to go after treatment such as an Oxford House, they have less chance of relapse and may not need to stay in traditional treatment for as long as they might otherwise.ö

Nationally, the Oxford Houses organization reports an 80 percent success rate.

The operation of Oxford House recovery homes is democratically managed and financially supported entirely by residents. Each house adopts guidelines, votes in new residents and observes a zero tolerance rule for drugs or alcohol use.

õThis is an exciting opportunity for folks in recovery to become accustomed to living in communities and having success in their lives,ö said Steven Gilmore, Substance Abuse Division administrator. õResidents can help each other at the same time they are helping themselves.ö

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